

ROCHESTER-OLMSTED RECREATION CENTER
21 ELTON HILLS DRIVE NW

SPRING SESSION I

WATER AEROBICS CLASS

Instructor – Ginger Browning

Perfect for Swimmers and Non-Swimmers Alike
(Swimming Ability Not Necessary to Join the Class)
Class is Open to Both Men and Women

Registration hours in Rec Center General Office
Monday-Friday – 8:30 a.m. – 4:30 p.m.
Or CALL 287-1386

Exercising in water can produce the following benefits:

- Increased blood supply to muscles
- Increased muscle metabolism
- Increased respiratory rate
- Decreased blood pressure
- Decreased sensitivity of sensory nerve

Day	6:15 a.m. – 7:15 a.m.	7:15 a.m. – 8:15 a.m.	4:15 p.m. – 5:15 p.m.
Tuesdays	X	X	X
Wednesdays	X	X	
Thursdays	X	X	X
Fridays	X	X	

Class Fees:

2 times/wk/= \$ 42.00
3 times/wk/= \$ 62.00
4 times/wk/= \$ 80.00
5 times/wk = \$100.00
OR \$3.25 PER CLASS

SESSION I

April
13, 14, 15, 16
20, 21, 22, 23
27, 28, 29, 30
May
4, 5, 6, 7
11, 12, 13, 14
18, 19, 20, 21
25, 26, 27, 28



Water Aerobics is a great way to get an excellent all-over body workout! The water acts like a cushion on joints and bones and it is excellent exercise for those with back problems. The program is designed to strengthen and tone leg, back, stomach, and arm muscles and strengthen the heart by raising the heart rate to an aerobic work-out level and maintaining for 30 minutes.

